

Whole Grain Pumpkin Cake

Gooding School District

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Recipe

Recipe: 900013 PUMPKIN CAKE2

Recipe Source: gooding
Recipe Group: DESSERTS

Recipe HACCP Process:

Alternate Recipe Name: pumpkin cake

Number of Portions: 720
Size of Portion: SERVING

019335 SUGARS,GRANULATED..... 004065 MARGARINE,REG,HARD,CORN (HYDR®)..... 002047 SALT,TABLE.....	21 LB + 12 OZ 6 LB 1/3 CUP	1. In a mixing bowl using a paddle attachment, cream the sugar, margarine and salt for 10 minutes at medium speed.
011424 PUMPKIN,CND,WO/SALT.....	3 # 10 can	2. Add pumpkin and mix for 2 minutes. Scrape down sides of bowl.
001123 EGG,WHOLE,RAW,FRESH.....	9 LB	3. Slowly add eggs. Scrape down sides of bowl.
001082 MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A..... 900185 Flour, all purpose.....	4 QT 6 LB + 12 OZ	4. Slowly add milk. Scrape down sides of bowl.
020080 WHEAT FLOUR,WHOLE-GRAIN..... 018369 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTING,NA..... 018372 LEAVENING AGENTS,BAKING SODA..... 002010 CINNAMON,GROUND..... 002025 NUTMEG,GROUND.....	12 LB 1/2 CUP + 2 TBSP 1/3 CUP + 2 TSP 1/2 CUP 1/2 CUP	5. In a separate bowl mix flour, baking powder, baking soda, cinnamon, and nutmeg. Add to above mixture. Mix at low speed for 1 minute. 6. Dip 3qts 3 1/4cups into each greased and floured 18"x26"x1" sheet pan or you may use cake pans (makes 9 pans total @ 80 per pan) Bake in convection oven at 350 degrees for 30 to 35 minutes or until center tests done. Cut each cake 8x10 to make 80 servings. Top with whip cream or dust with powdered sugar SERVING: 1 piece YIELD: 720 servings

Calories	136	Iron	0.79 Mg	Protein	2.50 G	7.37%	Calories from Prot
Cholesterol	24 Mg	Calcium	28.12 Mg	Carbohydrates	23.71 G	69.87%	Calories from Carb
Sodium	151 Mg	Vitamin A	1645 IU	Total Fat	3.86 G	25.58%	Calories from T Fat
Dietary Fiber	1.25 G	Vitamin C	0.43 Mg	Saturated Fat	0.80 G	5.29%	Calories from S Fat
				Trans. Fat	0.00* G	0.00%	Calories from Trans. Fat

Whole Wheat Roll

Gooding School District

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Recipe

Recipe: 000736 ROLLS, whole wheat/oat

Recipe Source: gooding

Recipe Group: BREAD/ROLLS/STARCH

Alternate Recipe Name: rolls

Number of Portions: 405

Size of Portion: serving

Recipe HACCP Process:

014429 WATER,MUNICIPAL.....	12 QT	USE DOUGH HOOK
004318 OIL,VEG,TYPE B-COMMOD.....	2 QT	In mixer bowl combine warm water (110°) & oil and 8 lbs of white and 8 lbs of wheat flour. Beat well.
020080 WHEAT FLOUR,WHOLE-GRAIN.....	18 LB	IN SEPARATE BOWL mix together 1 lb white flour & 1 lb wheat flour with oats sugar, salt, dry milk and yeast. Add to mixer. Add remaining flour alternating between each kind. beat well until well mixed
020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED...	18 LB	
020038 OATS.....	3 QT	
019335 SUGARS,GRANULATED.....	3 CUP	
002047 SALT,TABLE.....	1 CUP	
001091 MILK,DRY,NONFAT,REG,WO/ VIT A.....	3 CUP	
900184 Yeast (saf).....	1 (1 cup)	
		place dough in greased pans and allow to rise.
		Portion onto sprayed paperlined sheet pans 6X9. Makes approx. 7.5 sheet pans.
		Bake 350° for 10 minutes, turn and rotate pans. bake an additional 10 minutes or until internal temp reaches 193°

Calories	208	Iron	1.97 Mg	Protein	6.14 G	11.79%	Calories from Prot
Cholesterol	0 Mg	Calcium	24.85 Mg	Carbohydrates	35.19 G	67.57%	Calories from Carb
Sodium	287 Mg	Vitamin A	4 IU	Total Fat	5.24 G	22.63%	Calories from T Fat
Dietary Fiber	3.60 G	Vitamin C	1.41 Mg	Saturated Fat	0.77 G	3.31%	Calories from S Fat
				Trans. Fat	0.00* G	0.00%	Calories from Trans. Fat

Miscellaneous

Meat/Alt oz.

Grain/Bread srv.

F/V/J cup

Milk fl. oz.

Moisture & fat Change

Moisture Change 0%

Fat Change 0%

Type of Fat:

Spanish Rice

Gooding School District

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Recipe

Recipe: 000665 SPANISH RICE2

Recipe Source: gooding

Recipe Group: BREAD/ROLLS/STARCH

Recipe HACCP Process:

Alternate Recipe Name: spanish rice

Number of Portions: 400

Size of Portion: 1/2 cup

011282 ONIONS,RAW..... 011333 PEPPERS,SWEET,GREEN,RAW... 011821 PEPPERS,SWEET,RED,RAW.....	2 CUP, chopped 2 CUP, chopped 2 CUP, chopped	1. preheat oven to 300 degrees and chop peppers and onion then set aside
900301 Rice, Uncle Ben's, brown..... 014429 WATER,MUNICIPAL..... 900321 soup base, KNORR chicken..... 900229 Tomato paste, no salt BID.....	8 QT 16 QT 1 jar 6 CUP	2. In full size steam table pan, combine 4 quarts of rice & 8 quarts of water in each steam table pan. You will use 2 steam table pans. Mix together.
115624 ONION POWDER..... 116631 GARLIC POWDER..... 002047 SALT, TABLE.....	6 TBSP 3 TBSP 4 TBSP	3. Stir in 3 cups tomato paste, 1/2 jar (8 oz) KNORR chicken base, 3 TBSP of onion, 3 TBSP garlic powder and 1 TBSP of salt into each steamtable pan. Mix well. 4. Add 1 cup of each chopped peppers and onions to pan. Mix well. 5. Cover and place in 300 ° oven for 2 hours, stirring after one hour 6. Serve 1/2 cup portions

Calories	68	Iron	0.37 Mg	Protein	2.28 G	13.52%	Calories from Prot
Cholesterol	0 Mg	Calcium	5.16 Mg	Carbohydrates	13.85 G	81.99%	Calories from Carb
Sodium	496 Mg	Vitamin A	96 IU	Total Fat	0.56 G	7.41%	Calories from T Fat
Dietary Fiber	0.65 G	Vitamin C	2.82 Mg	Saturated Fat	0.15 G	2.05%	Calories from S Fat
				Trans. Fat	0.00* G	0.00%	Calories from Trans. Fat

Miscellaneous

Meat/Alt oz.

Grain/Bread 0.500 srv.

F/V/J 0.125 cup

Milk fl. oz.

Moisture & fat Change

Moisture Change 0%

Fat Change 0%

Type of Fat:

Whole Wheat Sunflower Roll

Gooding School District

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Recipe

Recipe: 000656 Rolls, molasses sunflower

Recipe Source: gooding

Recipe Group: BREAD/ROLLS/STARCH

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name: Rolls

Number of Portions: 400

Size of Portion: rolls

019304 MOLASSES.....	1 QT	USE DOUGH HOOK
012037 SUNFLOWER SD KRNLS,DRY RSTD,WO/SALT.....	1 1/2 QT, hulled	Melt butter in microwave.
900340 butter, unsalted.....	4 LB	
004044 OIL,SOYBN,SALAD OR COOKING.....	1 QT	Pour warm water (110°) n mixer add oil, molasses, butter (melted) and sunflower seeds
		Add 8 lbs white flour & 8 lbs wheat flour - beat well
900184 Yeast (saf).....	1 (1 cup)	IN SEPARATE BOWL ---
019335 SUGARS,GRANULATED.....	3 CUP	Mix 1 lb white flour & 1 lb wheat flour with yeast, sugar, powdered milk and oats. Add to mixer
001091 MILK,DRY,NONFAT,REG,WO/ VIT A.....	3 CUP	and continue beating.
020581 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,UNBLEACHED...	18 LB	
020080 WHEAT FLOUR,WHOLE-GRAIN.....	18 LB	Add remaining flour small amounts at a time and beat until well mixed
020038 OATS.....	3 QT	
		place dough in greased pan, Let rise a room temp until doubled in size. Portion into rolls and place on sprayed paperlined pan 6X9. Makes 7.5 sheet pans. Allow to rise before baking
		Bake in 350° convection oven for 10 min. Turn and rotate pans and bake an additional 10 minutes or until internal temp reaches 193°.
		**We have to make two batches for one school in order to keep it from overflowing the mixer!
		**We have found that they cook better if there is only 3 sheet pans per oven
		MMMMMM Enjoy!

Calories	245	Iron	2.22 Mg	Protein	6.59 G	10.76%	Calories from Prot
Cholesterol	10 Mg	Calcium	32.38 Mg	Carbohydrates	38.61 G	63.04%	Calories from Carb
Sodium	8 Mg	Vitamin A	134 IU	Total Fat	7.64 G	28.08%	Calories from T Fat
Dietary Fiber	3.86 G	Vitamin C	1.45 Mg	Saturated Fat	2.85 G	10.47%	Calories from S Fat
				Trans. Fat	0.00* G	0.00%	Calories from Trans. Fat

Whole Grain Oatmeal Raisin Cookies

Gooding School District

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Recipe

Recipe: 000021 OATMEAL RAISIN COOKIES 07-08

Recipe Source: gooding
Recipe Group: DESSERTS

Alternate Recipe Name: Oatmeal Raisin Cookies

Number of Portions: 775
Size of Portion: EACH

Recipe HACCP Process: #2 Same Day Service

019335 SUGARS,GRANULATED..... 004075 MARGARINE,REG,HARD,SOYBN (HYDR)&CTTNSD... 001123 EGG,WHOLE,RAW,FRESH..... 001082 MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A..... 009019 APPLESAUCE,CND,UNSWTND,WO/ VIT C..... 900185 Flour, all purpose..... 020080 WHEAT FLOUR,WHOLE-GRAIN..... 018372 LEAVENING AGENTS,BAKING SODA..... 002047 SALT,TABLE..... 002010 CINNAMON,GROUND..... 002025 NUTMEG,GROUND.....	22 LB + 8 OZ 7 LB 7 LB + 8 OZ 1 QT + 3 1/2 CUP 3 QT + 3 CUP 5 LB + 10 OZ 6 LB 1/4 CUP + 1 TBSP 1/4 CUP + 1 TBSP 1/2 CUP + 2 TBSP 1/4 CUP + 1 TBSP	1. Combine sugar and margarine or butter in mixer with a paddle attachment for 5 minutes on medium speed until smooth and creamy. 2. Add eggs slowly. Mix on medium speed for 1 minute. 3. Add milk and applesauce. Mix for 1 minute on medium speed. Scrape down sides of bowl. 4. Add the flour, baking soda, salt, cinnamon, and nutmeg. Mix for 2 minutes on low speed until blended.
020038 OATS..... 009298 RAISINS,SEEDLESS.....	18 LB + 12 OZ 12 LB + 3 OZ	5. Add oats and raisins. Mix on low speed for 30 seconds. 6. Lightly coat each sheet pan (18" x 26" x 1") with pan release spray or line with parchment paper. For 775 servings, use 15 full sheet pans & one half pan. Portion with level No. 24 scoop (2 2/3 Tbsp) in rows of 4 across and 5 down. 7. Bake until lightly browned: Conventional oven: 350°F for 18-20 minutes Convection oven: 350°F for 10 minutes, Set timer for 5 minutes and rotate pans. Set timer for remaining 5 minutes.
		Special Tips
		For bar cookies, spread 6 lb 5 oz (2 qt ½ cup) of dough in a half-sheet pan (18" x 13" x 1") which has been lightly coated with pan release spray. Bake for 20-25 minutes in a 325° F convection oven. Cut 5 x 10 for 50 servings.
		Serving
		1 cookie. For Enhanced Meal Pattern only: 1 cookie provides 1 serving of grains/breads.

Calories	178	Iron	1.07 Mg	Protein	3.57 G	8.00%	Calories from Prot
Cholesterol	19 Mg	Calcium	18.51 Mg	Carbohydrates	31.97 G	71.78%	Calories from Carb
Sodium	117 Mg	Vitamin A	175 IU	Total Fat	4.63 G	23.41%	Calories from T Fat
Dietary Fiber	1.97 G	Vitamin C	0.26 Mg	Saturated Fat	0.98 G	4.95%	Calories from S Fat
				Trans. Fat	0.00* G	0.00%	Calories from Trans. Fat

Miscellaneous

Meat/Alt oz.

Grain/Bread srv.

F/V/J cup

Milk fl. oz.

Moisture & fat Change

Moisture Change 0%

Fat Change 0%

Type of Fat:

Recipe Details:

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	019335	SUGARS,GRANULATED			
I	004075	MARGARINE,REG.HARD,SOYBN (HYDR)&CTT			
I	001123	EGG,WHOLE,RAW,FRESH			
I	001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A			
I	009019	APPLESAUCE,CND,UNSWTND,WO/ VIT C			
I	900185	Flour, all purpose			
I	020080	WHEAT FLOUR,WHOLE-GRAIN			
I	018372	LEAVENING AGENTS,BAKING SODA			
I	002047	SALT, TABLE			
I	002010	CINNAMON,GROUND			
I	002025	NUTMEG,GROUND			
I	020038	OATS			
I	009298	RAISINS,SEEDLESS			

Whole Grain Cowboy Cookie

Gooding School District

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Recipe

Recipe: 000835 Cowboy cookies BAR

Recipe Source: gooding elem

Recipe Group: DESSERTS

Alternate Recipe Name: cowboy cookies

Number of Portions: 880

Size of Portion: servings

Recipe HACCP Process: #2 Same Day Service

019335 SUGARS,GRANULATED..... 019334 SUGARS,BROWN..... 900340 butter, unsalted.....	7 1/2 QT 7 1/2 QT, unpacked 10 (1 lb)	<p>CCP: Wash Hands for 20 seconds prior to food handling.</p> <p>Wash hands during food preparation, as often as necessary to remove soil and avoid cross contamination.</p> <p>Wash hands when switching between raw foods and ready to eat foods.</p> <p>Wash hands after coughing, sneezing, using a tissue, eating, drinking, emptying garbage, after handling soiled equipment &/or utensils, and after engaging in any activity that might contaminate food.</p> <p>ACCORDING TO FDA FOOD CODE: HANDS MUST BE KEPT CLEAN BEFORE, DURING, AND AFTER PREPARING FOODS.</p> <p>PREHEAT OVEN TO 350°</p> <p>PREP TIME: 5 minutes Prepare 11 cookie sheets with pan spray and line with parchment paper.</p> <p>PREP TIME: 20 minutes In large mixer, cream sugars with butter and mix until smooth.</p>
900345 eggs, frozen whole eggs.....	3 (1 quart) + 6 OZ	Add eggs to creamed mixture and mix well.
900173 Applesauce, commodity..... 002050 VANILLA EXTRACT.....	5 LB 10 TBSP	Add applesauce and vanilla and mix.
020581 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,UNBLEACHED..... 020080 WHEAT FLOUR,WHOLE-GRAIN..... 018369 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTING,NA..... 018372 LEAVENING AGENTS,BAKING SODA..... 002047 SALT,TABLE.....	9 QT 9 QT 5 TBSP 10 TBSP 5 TBSP	In small bread dough pan, place 1 qt. of whole wheat flour, 1 qt of white flour, baking powder, baking soda and salt. Mix well and add to creamed mixture. continue to add flour one quart at a time until proper consistency is reached.

020038 OATS..... 019080 CANDIES,SEMISWEET CHOC.....	11 CUP, dry wgt + 1 QT 5 QT,mini chips	Add oats and chocolate chips to cookie dough and mix well.
		BAR COOKIES: Place 1.5 qt. of cookie mix on sheet pan and press down filling pans. PREP TIME: 20 MINUTES COOKIES: Using a size 40 scoop portion cookies (non rounded) onto prepared sheet pans. 6X4 (a total of 24 cookies per pan). PREP TIME: 1 HOUR
		Bake at 350°. Set timer for 5 minutes. Turn, rotate pans and continue baking 4 minutes. PREP TIME: 15 MINUTES Remove cookies from pans and stack in cake pans until serving. Leftover cookies are covered with bags, tied and stored in walk-in or freezer for later use.

Calories	156	Iron	0.94 Mg	Protein	2.59 G	6.63%	Calories from Prot
Cholesterol	44 Mg	Calcium	16.79 Mg	Carbohydrates	23.44 G	60.05%	Calories from Carb
Sodium	105 Mg	Vitamin A	195 IU	Total Fat	6.28 G	36.19%	Calories from T Fat
Dietary Fiber	1.14 G	Vitamin C	0.05 Mg	Saturated Fat	3.56 G	20.50%	Calories from S Fat
				Trans. Fat	0.00* G	0.00%	Calories from Trans. Fat

Miscellaneous

Meat/Alt oz.

Grain/Bread srv.

F/V/J cup

Milk fl. oz.

Moisture & fat Change

Moisture Change 0%

Fat Change 0%

Type of Fat:

Whole Grain Cinnamon Rolls

Gooding School District

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Recipe

Recipe: 000576 Cinnamon Rolls

Recipe Source: gooding

Recipe Group: BREAD/ROLLS/STARCH

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:

Number of Portions: 275

Size of Portion: each

900184 Yeast (saf).....	1 (1 cup)	In mixer on low speed with dough hook, mix yeast with warm water until blended.
075009 WATER,WARM.....	9 QT	
020080 WHEAT FLOUR,WHOLE-GRAIN.....	12 LB	mix in dry ingredients gradually adding flour.
900185 Flour, all purpose.....	12 LB	
020038 OATS.....	3 LB	
001091 MILK,DRY,NONFAT,REG,WO/ VIT A....	2 CUP	
019335 SUGARS,GRANULATED.....	2 CUP	
002047 SALT,TABLE.....	3/4 CUP	
R000832 Cinnamon/Sugar for rolls.....	2 gallons	
R000833 Cinnamon Roll Oil Mixture.....	6 cups	
		Add oil until proper consistency is reached
		In large bowl, mix together applesauce, cinnamon & sugar
		In mixing bowl melt butter in microwave. Add oil and set aside.
		Roll dough out, spread applesauce mixture over dough. Roll up and brush with oil/butter mixture. slice and place on parchment lined pan.
		Bake at 350 degrees for 10 minutes. Rotate and bake another 5 minutes or until internal temperature reaches 193°.
		Frost if desired.

Calories	274	Iron	2.42 Mg	Protein	6.15 G	8.98%	Calories from Prot
Cholesterol	0 Mg	Calcium	29.33 Mg	Carbohydrates	51.28 G	74.86%	Calories from Carb
Sodium	329 Mg	Vitamin A	65 IU	Total Fat	5.39 G	17.70%	Calories from T Fat
Dietary Fiber	3.41 G	Vitamin C	2.31 Mg	Saturated Fat	0.91 G	3.00%	Calories from S Fat
				Trans. Fat	0.00* G	0.00%	Calories from Trans. Fat

Miscellaneous

Meat/Alt oz.

Grain/Bread srv.

F/V/J cup

Milk fl. oz.

Whole Grain Apple Bread

Gooding School District

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Recipe

Recipe: 000697 Apple Bread, whole wheat/oat

Recipe Source: gooding

Recipe Group: BREAD/ROLLS/STARCH

Alternate Recipe Name: rolls

Number of Portions: 720

Size of Portion: serving

Recipe HACCP Process:

014429 WATER,MUNICIPAL.....	12 QT	Prepare bread dough. (We use our whole wheat roll dough in this recipe). Set aside to rise until double in size
004318 OIL,VEG,TYPE B-COMMOD.....	8 CUP	
020080 WHEAT FLOUR,WHOLE-GRAIN.....	18 LB	
020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED...	18 LB	
020038 OATS.....	2 QT	
019335 SUGARS,GRANULATED.....	4 CUP	
002047 SALT,TABLE.....	1 CUP	
001091 MILK,DRY,NONFAT,REG,WO/ VIT A.....	4 CUP	Place 2 #10 cans of sliced apples into 2 full steam table pans and chop with dough cutter, add one # 10 can of applesauce, 1/2 of the cinnamon (1 cup) and 1/2 of the sugar (1 QT). Mix well and set aside
900184 Yeast (saf).....	1 (1 cup)	
090074 APPLES,CND,H2O PK,SLCD,DRN.....	4 #10 CAN	
900173 Applesauce, commodity.....	2 #10 can	
002010 CINNAMON,GROUND.....	2 CUP	Divide dough into 8 cake pans and spread out. Spread apple mixture on top of bread dough and press into dough. Using dough cutter chop apple mixture into dough. <i>(By the time you finish all 8 pans they will have risen enough to place into oven)</i> Bake 350° in convection oven for 30 minutes or until internal temperature reaches 193°.
019334 SUGARS,BROWN.....	2 QT, unpacked	
		Top with Streusal Topping if desired.

Calories	137	Iron	1.54 Mg	Protein	3.42 G	9.99%	Calories from Prot
Cholesterol	0 Mg	Calcium	21.84 Mg	Carbohydrates	25.10 G	73.30%	Calories from Carb
Sodium	163 Mg	Vitamin A	9 IU	Total Fat	2.97 G	19.50%	Calories from T Fat
Dietary Fiber	2.43 G	Vitamin C	1.07 Mg	Saturated Fat	0.43 G	2.83%	Calories from S Fat
				Trans. Fat	0.00* G	0.00%	Calories from Trans. Fat

Miscellaneous

Meat/Alt oz.

Grain/Bread srv.

F/V/J cup

Milk fl. oz.